



Grant County Health Department
111 South Jefferson Street Floor 2
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COMMUNITY EDITION

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Breastfeeding During the Holidays

The holiday season is quickly approaching. The days may be filled with shopping, eating, and visits with family and friends. As a result, your baby's feeding schedule may be altered. Below are some helpful breastfeeding tips to get you through the holidays.



Breastfeeding Tips

- Many family members will have the opportunity to meet your baby over the holidays. Make sure to keep your baby within a close distance so feeding cues are not missed. It's important to continue to feed on demand to maintain milk supply and to prevent clogged ducts and infections.
- Just as you are about to sit down to enjoy a family dinner, your baby may also want to eat. Ask a family member to prepare a plate for you and bring it to where you are feeding baby.
- Don't be afraid to ask for a quiet room if that is where you feel most comfortable feeding your baby. It's best to be alone while feeding a happy baby than feeding a fussy baby because you aren't comfortable.
- Family and friends may ask to "bottle feed" your baby. If you are not ready to introduce a bottle; don't be afraid to say no.
- Hand hygiene! Remember to wash your hands before breastfeeding your baby. Also, have family members and friends wash their hands or clean their hands with sanitizer before holding your baby.

The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.

Websites

- ▶ Visit the Grant County website at www.co.grant.wi.gov for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website www.dhswir.org for information on your immunizations.
- ▶ Visit www.grantcountyhospice.com for information on the Hospice Program.
- ▶ Visit www.safegrantcounty.org for information on the S.A.F.E. Grant County Coalition.

Be Active! Move More!

Regular physical activity is one of the most important things you can do to improve your health. Adults need at least 2 hours and 30 minutes of moderate intensity physical activity each week. Children, ages 6 to 17, need at least 60 minutes per day. Try one of these ideas:

AT HOME:

- Join a walking group in the neighborhood.
- Do exercises while watching T.V.
- Plant and care for a vegetable garden.

AT WORK:

- Park a few blocks away and walk the rest.
- Replace a coffee break with a walk.
- Take part in an exercise program at work.

AT PLAY:

- Take a class in aerobics, dance, or yoga.
- Most important: have fun while being active!

Source: ChooseMyPlate.gov

Brought to you by Donna Peterson, Nutrition Educator and Coordinator in Grant and Iowa County with UW-Extension. (phone: 608-930-9856).

UW
Extension

WIC & Health Check Clinics

(Immunizations given at all these clinics)

Influenza vaccine will be available at all of the clinic listed.

Dec 1st—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Dec 6th—Boscobel United Methodist Church from 9:30am to 3:30pm

Dec 14th—Fennimore United Methodist Church from 9:00am to 3:30pm

Dec 15—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Dec 20th—Cuba City St Rose—Mazzuchelli Hall from 9:30am to 3:30pm

Dec 22th—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Dec 28th—Late Lancaster Schreiner Memorial Library from 12:00pm to 6:30pm



The Grant County Health Department will be closed on the following days:

November 24

December 23

December 26

January 2

Storing Leftover Food

The holidays are a time to appreciate all that is good in our lives and to spend it in the company of friends and family while enjoying great food. It is a time to reflect on the bounty of our food supply.

USDA estimates that on average, American consumers waste about one-fifth of food that is available to them, equivalent to about \$371 per person annually. That's enough money to buy about 21 whole turkeys for each person in the country.

Before you start shopping, take stock of what you have in your refrigerator and cupboards of that you don't end up tossing extras. Using up the food currently in your refrigerator is particularly important to clear room for all of those holiday ingredients and leftovers. Menu planning helps to minimize waste.

Leftovers can be substantial, particularly when the gatherings are large. Take time to make sure leftovers are refrigerated within two hours from when they are hot and have guests leave with something tasty to take home and eat later. Leftovers can be kept in the refrigerator for three to four days or safely frozen for up to a year.

The Holidays are a great time to begin food waste reduction strategies in your household that can become habit for every day of the year.

Its not to late for Influenza Vaccine!

The Grant County Health Dept has influenza vaccine available at the Grant County Health Dept and all WIC clinics. A supply of quadrivalent vaccine and high dose flu vaccine is available for those 65 years of age and older. Vaccination is recommended for all persons aged ≥ 6 months unless there is a medical reason why vaccination is not recommended such as an allergy to one of the vaccine components.

Children under 9 years old receiving seasonal flu vaccine for the first time and those not completing a series in previous years may need a booster shot one month or more after the first shot to gain the highest level of protection. Grant County Health Dept has free flu vaccine available at these clinics for children on Medical Assistance/Badger Care or for children with no insurance coverage for influenza immunizations.

Grant County Health Dept is located at 111 South Jefferson St in Lancaster from 8:30 a.m. -12:00 p.m. and from 1:00 p.m. - 4:00 p.m (Monday through Friday). Influenza vaccine is available at all Grant County WIC Clinics.

The most important thing that you can do to keep from getting sick is to wash your hands!!

The best defense against many types of germs is to wash your hands. It is important to wash your hands



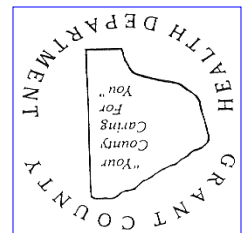
- Before, during, and after you prepare food
- Before you eat, and after you use the bathroom
- After handling animals or animal waste
- When your hands are dirty
- After coughing or sneezing
- Changing a diaper

More often when someone in your home is sick.

What is the correct way to wash your hands?

- First wet your hands and use liquid or clean bar soap. Store bar soap on a rack that allows it to drain.
- Next rub your hands vigorously together and scrub all surfaces.
- Continue for 20 seconds or about the length of a short song. It is the combination of soap and scrubbing action that removes germs.
- Rinse well and dry your hands.
- If soap and water are not available, use alcohol-based gel to clean hands:
 - Apply product to the palm of one hand (about the size of a quarter)
 - Rub the product over all surfaces of hands and fingers until hands are dry.

Source: CDC (Centers for Disease Control and Prevention) www.cdc.gov/cleanhands



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